

## Safe Handling Tips

- When shopping, purchase meat last and keep it cold during the trip home.
- Keep raw and cooked alligator meat separate to prevent bacterial cross-contamination.
- After handling raw meat, thoroughly wash knives, cutting surfaces, sponges and hands with hot, soapy water.
- Always marinate meat in the refrigerator. Discard used marinade to avoid bacteria from raw juices. For basting, reserve a portion of marinade before adding raw meat.

## Buying and Storing Tips

- Alligator meat is usually purchased as frozen pieces or fillets.
- Meat should be firm with a fresh aroma and no discoloration.
- Store thawed alligator meat in the coldest part of the refrigerator at 32 degrees for up to two days.
- To freeze, wrap meat tightly to prevent freezer burn; date the package and store at 0 degrees for up to 6 months. Thaw in the refrigerator overnight.

## Cooking Tips

- For extra tenderness, use a meat mallet to tenderize fillets and flatten meat to desired thickness.
- Alligator meat can be chopped fine or ground to make patties, sausage or taco filling.
- Cook using either a short cooking time with high heat, i.e. searing, pan frying and deep frying or a long, slow method such as simmering in a sauce, stewing or braising.
- Alligator can be used in jambalayas, soups and stews.
- Alligator meat's mild flavor is easily enhanced with seasonings, sauces and marinades.
- Chicken, pork, veal and fish recipes can be successfully prepared with alligator meat.

# Alligator

Alligator is an exotic meat from Florida and is favored in cuisines around the world. American alligators are not an endangered species. Successful management by farmers and regulators resulted in them being removed from the endangered list in 1987. Mild-flavored alligator meat is versatile and can be easily substituted in most recipes for chicken, veal or fish.

Alligator is a lean meat that is low in fat and cholesterol and high in protein. It is available in a variety of cuts including tail meat fillets, ribs, nuggets and wings. Tail meat, the choicest cut, is a mild-flavored white meat and has a texture similar to veal. The ribs, nuggets and wings are darker meat with a stronger taste and texture similar to pork shoulder. Alligator meat is commonly purchased frozen but can also be obtained fresh.

Nutritional Value Per Serving: For approximately 3.2 ounces (100 grams) of raw, edible portion: Calories 232, Calories From Fat 38, Total Fat 4g, Saturated Fat 0g, Trans Fatty Acid 0g, Cholesterol 0mg, Sodium 0mg, Total Carbohydrates 0g, Protein 46g, Omega 3 Fatty Acid 0g.

## How Much to Buy

- Fillets  $\frac{1}{4}$  to  $\frac{1}{3}$  pound per serving
- Ribs  $\frac{3}{4}$  to 1 pound per serving
- Wings 4 to 6 per serving
- Nuggets  $\frac{1}{4}$  to  $\frac{1}{3}$  pound per serving

Florida's alligator industry is dedicated to supplying wholesome, nourishing and affordable alligator products. Florida alligator recipes and source information can be found at [Florida-Alligator.com](http://Florida-Alligator.com).

Always ask for Florida seafood and look for the "Fresh From Florida" logo.

**[FreshFromFlorida.com/Seafood](http://FreshFromFlorida.com/Seafood)**



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# Seafood Recipes



**[FreshFromFlorida.com/Seafood](http://FreshFromFlorida.com/Seafood)**



## Gator Burgers with Sautéed Florida Peppers

### Ingredients

- 1 Pound ground alligator meat
- 1 Large egg, lightly beaten
- 2 Onion, finely chopped
- 1/3 Teaspoon ground black pepper
- 1/2 Teaspoon salt
- 1 Tablespoon olive oil
- 1 Red bell pepper, cut into strips
- 1 Green bell pepper, cut into strips
- 1 Yellow bell pepper, cut into strips
- 1 Onion, sliced
- Salt and pepper to taste
- French bread slices or rolls

### Preparation

Preheat grill. In a bowl, combine alligator meat, egg, onion, salt and pepper, mixing lightly but thoroughly. Mixture will be very moist. Shape into 4 patties, each 1/2-inch thick. Cover and set aside. Heat the oil in a medium nonstick skillet over medium high heat. Add onion and pepper strips and sauté until tender. Season to taste; reduce heat and keep warm. Grill meat patties for 10 to 12 minutes over medium heat until cooked through, turning once. Serve open-face on French bread slice or in a roll; top with sautéed onion and peppers.

### Yield

4 servings

## Grilled Gator Kabobs

### Ingredients

- 1/2 Cup orange juice concentrate
- 1/4 Cup orange juice
- 2 Tablespoons light soy sauce
- 2 Tablespoons brown sugar
- 1 Teaspoon cumin
- 1/4 Teaspoon cayenne
- 1 Pound alligator meat, cut into 1-inch cubes
- Assorted vegetables or fruit, cubed

### Preparation

For the marinade, combine orange concentrate, orange juice, soy sauce, sugar and spices in a medium glass bowl. Reserve half for basting. Add alligator cubes; stir to coat well. Marinate for at least 15 minutes or up to 2 hours in the refrigerator for increased flavor. Soak wooden skewers in water for 10 minutes to prevent them from burning. Thread marinated alligator cubes onto skewers, alternating with vegetable or fruit cubes. Heat the grill to high heat and grill kabobs for 6-8 minutes; turning once. Brush with extra marinade for the first 5 minutes. Discard any leftover marinade.

### Yield

4 servings

## Gator Bites Sampler

### Ingredients

- Canola oil for frying
- 2 Cups self-rising flour
- 4 Tablespoons hot Everglades seasoning (or to taste)
- 2 Pounds alligator nuggets
- 1/3 Cup jerk sauce
- 1/3 Cup teriyaki sauce
- 1/3 Cup sweet and sour sauce

### Preparation

Heat the oil in deep fryer to 360 degrees. In a large bowl, combine the dry ingredients, mixing well. Add a small amount of alligator nuggets to the flour mixture; coat well. Remove and toss in a colander to remove excess flour. Deep fry the nuggets in small batches for 3 minutes or until golden brown; remove from hot oil and drain on absorbent paper. Divide cooked bites into three bowls; add one flavored sauce to each bowl. Toss to coat evenly.

### Yield

8 servings